

Challenge Standards for Student Success

# Physical Education





## Publishing Information

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**M'Lisse Rich**, Will Rogers Middle School, Sacramento  
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# Introduction

This document has been a collaborative effort by professionals to organize the physical education curriculum into meaningful and useful standards.

All human beings have an ability and a desire to move and be active throughout their lives in order to live a healthy lifestyle. Therefore, a program of physical education should provide students with developmentally appropriate activities and use a variety of teaching methods based on each student's individual needs.

Teachers must plan programs for all students, regardless of race, gender, home language, disability, or cultural or economic background. Adaptations to or modifications of the program, activities, or types of equipment can be beneficial to all students. In addition, a variety of assessment tools should be used to determine each student's level of performance.

The vision is for all students to be involved in physical education and to have fun while moving. Students who participate in quality physical education programs receive a variety of benefits, including (1) the development of a variety of motor skills and abilities related to lifetime leisure skills; (2) an improved understanding of the importance of maintaining a healthy lifestyle; (3) an improved understanding of movement and the human body; (4) an improved knowledge of the rules and strategies of particular games and sports; and (5) self-confidence and a sense of self-worth in relation to physical education and recreation programs.

Many different resources were used to compile the information in this document, including the *Physical Education Framework for California Public Schools* and two documents from the National Association for Sport and Physical Education (NASPE): *Outcomes of Quality Physical Education Programs* and *Moving into the Future, National Standards for Physical Education*. Special recognition goes to NASPE for its excellent *National Standards*, which served as a foundation for this document.